

Something got You feeling down?

It's often difficult to tell whether you have a **COLD** or the **FLU**. Here are few signs and symptoms to watch for...

Chances are it's a COLD if...

- Your illness developed slowly
- You are only mildly tired or weak
- You have a cough
- You have a sore throat



Chances are it's the FLU if...

- Your illness started suddenly
- You have a high fever
- You are extremely tired and/or weak
- You have a cough
- You may have a sore throat
- You have a headache
- Your muscles ache
- You have chills

To learn more about signs and symptoms of the flu and cold, call the health department at 582-3100, or visit our website at www.gallatin.mt.gov/health and click on *Public Health Information*.

If your signs and symptoms are similar to these, be sure to consult with your health care provider. If caught in the first 48 hours from the start of symptoms, anti-viral medications can help shorten the duration and reduce the severity of symptoms.



"Committed to the protection and promotion of public health."

Gallatin City-County Health Department



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